

A method of manufacturing a roller element bearing comprising an inner ring, an outer ring, and a series of rolling elements. A rolling surface of each rolling element is in contact with a raceway surface formed in each of the inner and the outer rings. At least one of the raceway surfaces of the inner and outer rings and the rolling surfaces of the rolling elements is provided with a topography comprising recesses which are generally isolated by lands. The recesses are formed by shot peening at least one of the surfaces. In addition, the recesses are provided with lubricant.